



# Pork and Cheesy Mash Pie with Green Beans

Family 40 Minutes • 1 of your 5 a day

19



Potatoes



Garlic Clove



Carrot



Pork Mince



Tomato Puree



Red Wine Jus Paste



Italian Style Herbs



Mature Cheddar Cheese



Green Beans



## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press, frying pan, grater, colander, potato masher and ovenproof dish.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	2	3	4
Carrot**	1	2	2
Pork Mince**	240g	360g	480g
Water for the Sauce*	150ml	225ml	300ml
Sugar*	½ tsp	¾ tsp	1 tsp
Tomato Puree	1 sachet	2 sachets	2 sachets
Red Wine Jus Paste <b>10) 14)</b>	22g	30g	44g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Mature Cheddar Cheese** <b>7)</b>	30g	45g	60g
Green Beans**	150g	200g	300g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	517g	100g
Energy (kJ/kcal)	2307 /551	446 /106
Fat (g)	23	4
Sat. Fat (g)	10	2
Carbohydrate (g)	54	10
Sugars (g)	11	2
Protein (g)	34	7
Salt (g)	1.57	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as our recipe step changes, will be communicated where possible via email.

## Contact

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### Cook the Potatoes

Preheat your oven to 220°C. Put a large saucepan of **water** with **¼ tsp salt** on to boil for the **potatoes**.

Peel and chop the **potatoes** into 2cm chunks.

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim the **carrot** then halve lengthways (no need to peel). Slice widthways into 1cm pieces.



### Fry the Pork

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **pork mince** and **carrot**, then season with **salt** and **pepper**. Fry until the **mince** is browned, 5-6 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. Add the **garlic** and fry for 1 min. Stir in the **water for the sauce**, **sugar** (see ingredients for both amounts), **tomato puree**, **red wine jus paste** and **Italian style herbs**.



### Simmer the Filling

Bring the **pork mixture** to the boil, then reduce the heat to medium and simmer until thickened, 3-4 mins. Stir occasionally and reduce the heat if necessary. **IMPORTANT:** The mince is cooked when no longer pink in the middle. Meanwhile, grate the **cheese**.



### Assemble the Pie

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Once the **pork filling** has thickened, spoon into an ovenproof dish and top with the **mash**. Spread out in an even layer, then sprinkle over the **cheese**. Bake the **pie** on the middle shelf of your oven until golden, 15-20 mins.



### Cook the Beans

While the **pie** cooks, wash out your **potato** pan, then fill it with **water** and bring to the boil on high heat. Trim the **green beans**. When the **pie** has 5 mins cooking time left, add the **beans** and **½ tsp salt** to the **boiling water**. Simmer until tender, 4-5 mins, then drain in a colander. Pop the **beans** back in the pan, drizzle over a little **oil** and season with **salt** and **pepper**. Mix well.



### Serve

Spoon the **pork and cheesy mash pie** into your serving bowls and serve with the **green beans** alongside.

### Enjoy!